
Waukesha County
UW Extension
Farmers Market Fresh

Romaine Lettuce with Cilantro Dressing

Ingredients:

1 large head of romaine lettuce
1 cucumber
20 fresh cilantro stems, leaves only
1/2 cup olive oil
1/4 cup cider vinegar
1/2 small white onion or green onion, finely chopped
1 teaspoon salt (to taste)
Fresh ground black pepper
1 bunch (1 pound) of fresh spinach
1/4 teaspoon black pepper

Serves 4



Directions:

1. Have ready a large bowl of ice water.
2. Rinse the lettuce under cold running water, tear into bite-sized pieces, and place in ice water to crisp for
3. 10-15 minutes. Drain well and dry very thoroughly.
4. Peel, seed and slice cucumber.
5. In a salad bowl, combine the lettuce and cucumber.
6. For dressing, combine the cilantro and oil in a blender; process to a puree. Add the remaining ingredients and blend until smooth.
7. Add dressing to bowl, toss with the salad and serve. (Note, don't put on too much dressing. It should coat the ingredients but not pool in the bottom of the bowl.)